

A Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.

YOGA

with instructor Varsha Pangarkar

\$15/MONTH - Resident
\$18.75/MONTH - Non-resident

Thursday 9-10:30a.m.
3232 Austin Parkway
Clyde and Nancy Jacks Conference Center



CALL 281-275-2885 FOR ADDITIONAL INFORMATION.